SLIDERDYNAMIC SERVICE MANUAL

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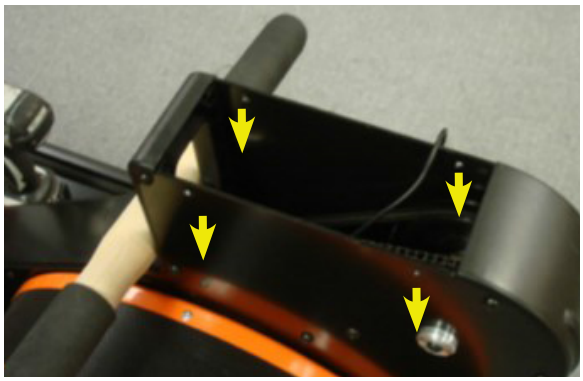
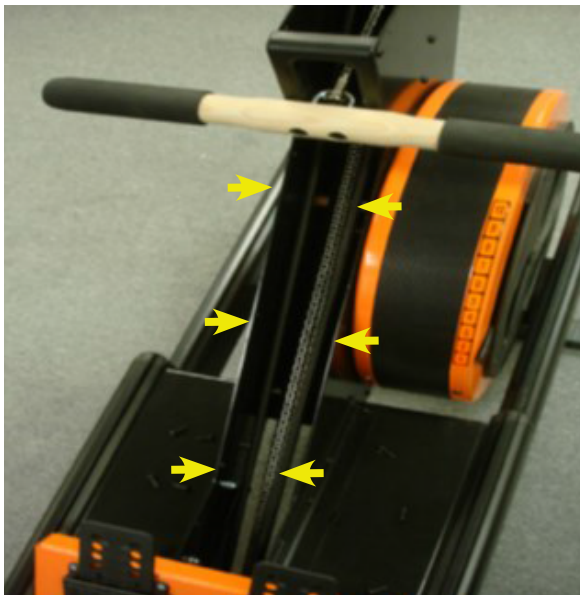
SLIDER CHAIN REPLACEMENT

REQUIRED TOOLS:
ALLEN WRENCH TOOL SET
SCREWDRIVER

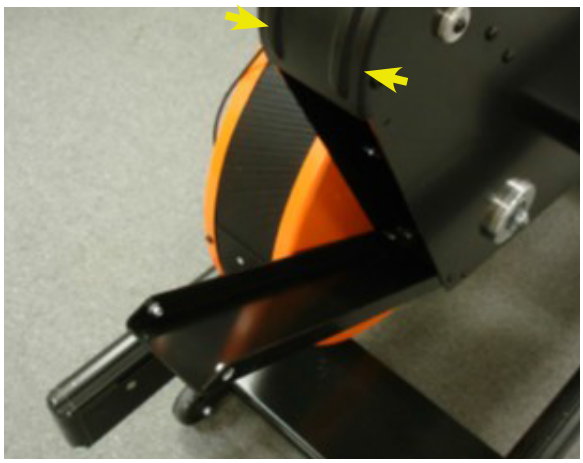
1. Unplug Monitor. Remove the monitor cover bolts (4) using a 3mm allen tool.
   BE CAREFUL NOT TO STRIP THE BOLTS, it is recommended on older machines to use Liquid Wrench or WD-40, apply pressure and slowly turn as to not strip.



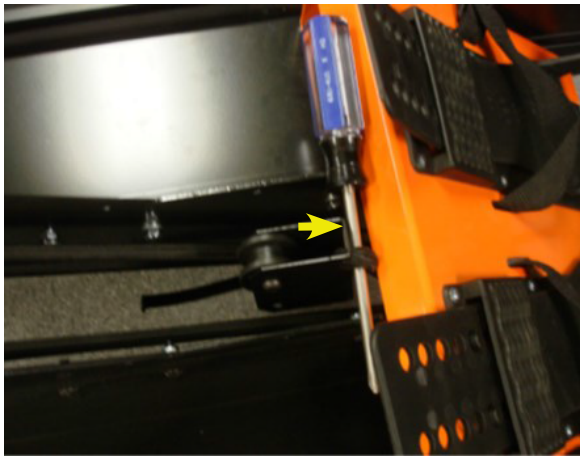
2. Remove the 3mm bolts (6) securing the front cover.



3. Remove top 3mm bolts (2) holding the rear cover.



4. Pull the bungee chain block pulley up above the footplate and secure using a screwdriver.



5. Undo the bolt holding the connector end of the chain.
6. Remove the original chain.
7. Remove the chain from the handle end by undoing the two socket inserts on the rower side of the handle.
8. Pull the U Bolt from the handle.
9. Undo one insert nut and slide the chain swivel end of the chain off.
10. Attach the new chain.
11. Thread the insert nut and turn until it is equal with the other side on the U bolt.
12. Insert the U bolt into the handle.
13. Secure the U bolt with the socket insert nuts.
14. Once attached to the handle, place the handle on the top rails and straighten the chain out.

SLIDER CHAIN REPLACEMENT

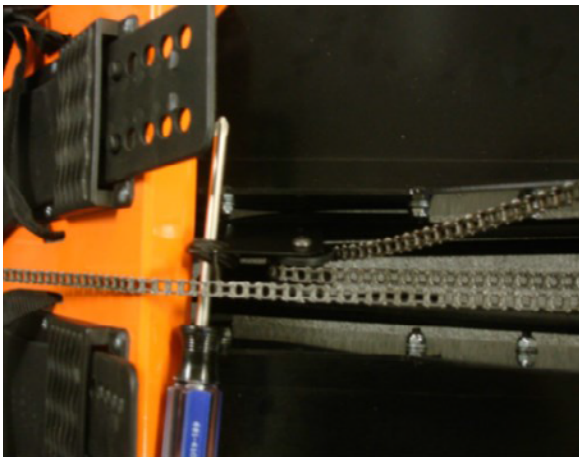
15. Insert the open end of the chain through the plastic chain faring opening.

16. Thread the chain over the top sprocket, then down to the second drive sprocket on the flywheel drive shaft.

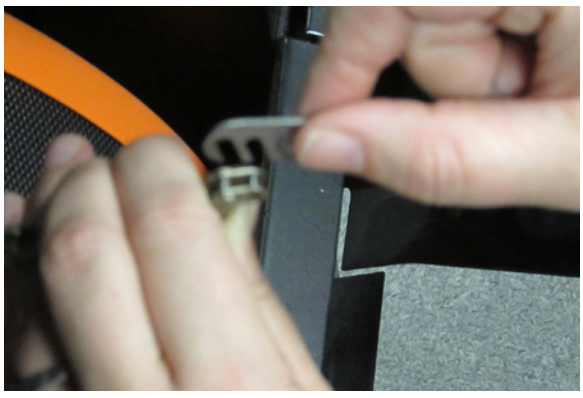
17. Thread the chain over the large plastic pulley, then down towards the footplate.

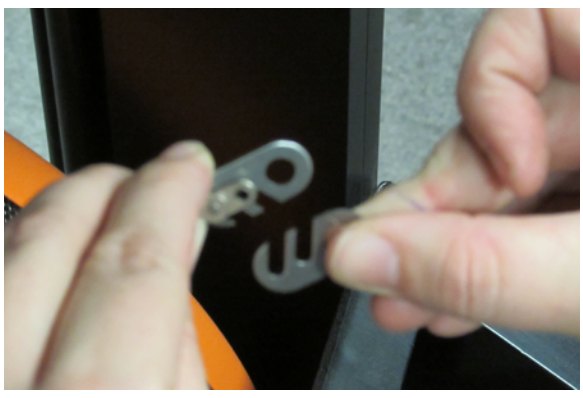
18. Insert the chain around the small pulley on the bungee/chain block.

19. Thread the chain back up and over the small idler pulley then back down to the chain/bungee block pulley.



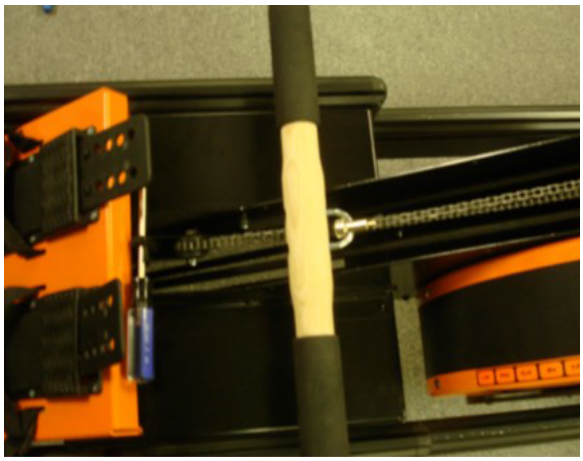
20. Holding the chain, insert one chain clip into the two end links on the chain. Insert the other chain clip in the opposite direction of the same two links the first chain clip is attached to.





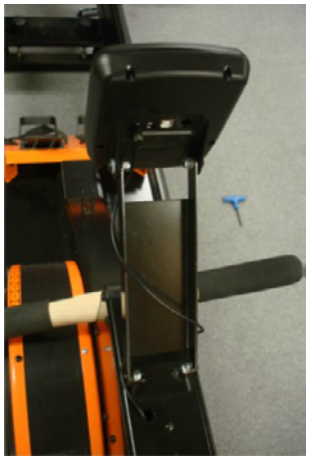
21. Thread the bolt through the connector plate and tighten the nut.

22. Pull the handle to make the bungee/chain block plate move up, and remove the screwdriver that was securing the block in place.



23. Check that the chain is running smoothly and correctly around all sprockets and pulleys. Use the threading procedure picture as a guide.

24. Replace all covers and reattach monitor cable.



REPLACING THE FLYWHEEL

REQUIRED TOOLS:
17 MM WRENCH (2)
PHILIPS HEAD SCREWDRIVER
MALLET

1. Take screws (4) out of the Flywheel Cover, Remove Cover

2. Using both 17 mm wrenches, loosen the flywheel bolt.

3. Loosen flywheel nut, take off spacer and nut. and remove flywheel. If the flywheel won't come off, put the nut back on the end of the shaft and tap the nut with the mallet. This will loosen the flywheel, and allow you to remove it.

4. Replace with new flywheel. You may need to tap on the opposite side of the shaft for it to slide on all the way. Take the spacer and nut and put back on the shaft.

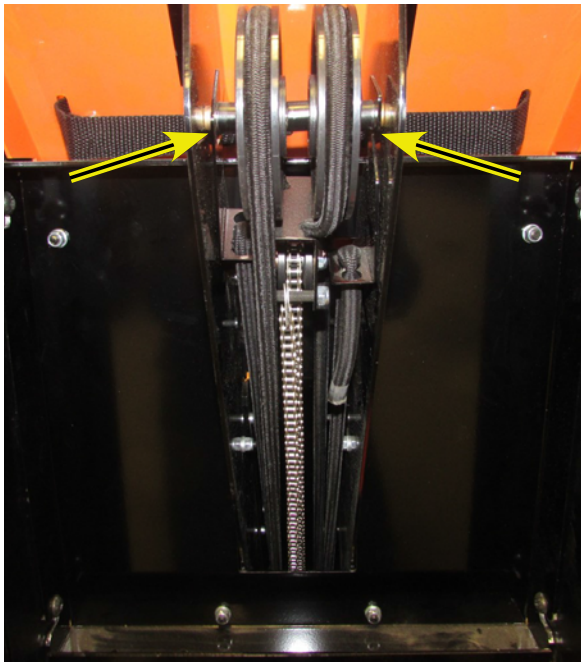
5. Tighten bolts on both sides of the shaft. Take a few strokes to check that is not too tight. If it is too tight, the chain won't recoil properly.

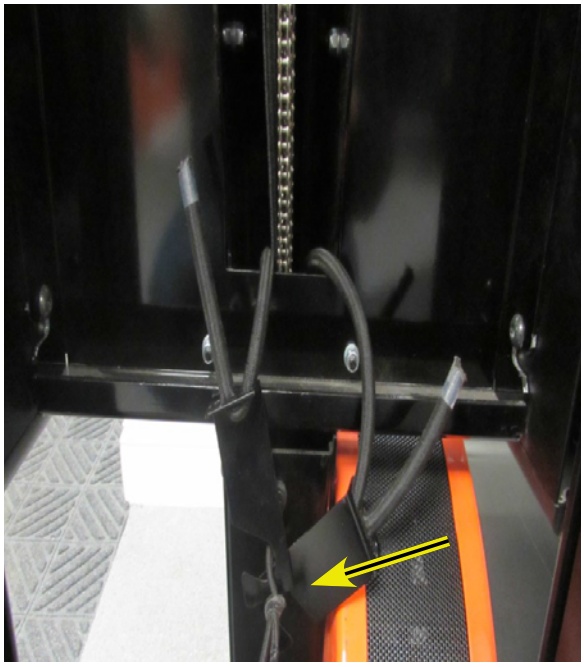
6. Put flywheel cover back on and put the screws back in.

REPLACING THE IDLER SPROCKET ASSEMBLY

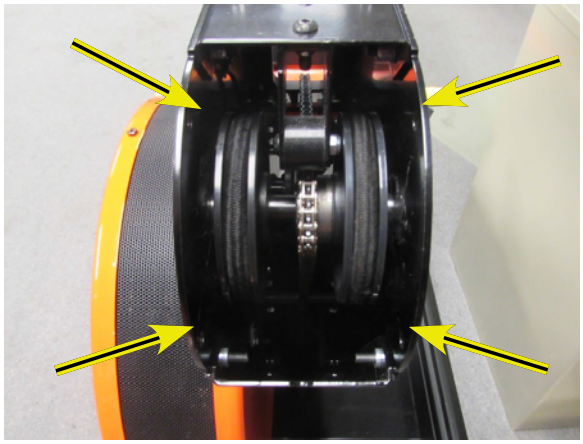
REQUIRED TOOLS:
(2) 4MM ALLEN KEYS
3MM ALLEN KEY
VICE GRIPS OR PLIERS
CLOTH

1. To release bungee pressure, stand the machine up and unclip bungees from the axle. Clip on the safety bungee bracket (or tie off so they don't slip into the machine).

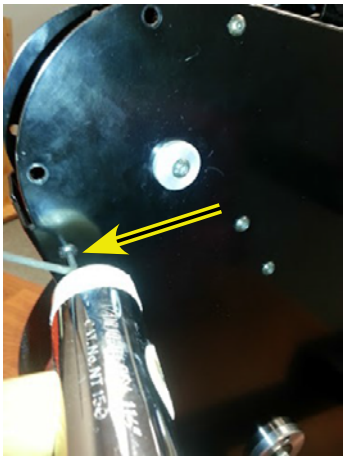


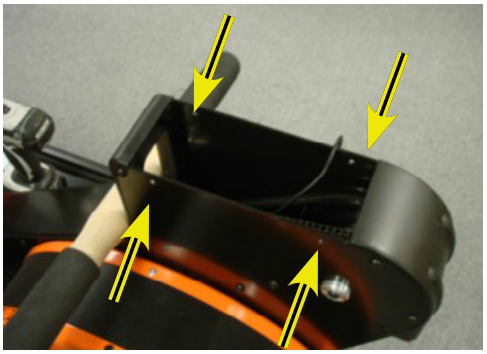


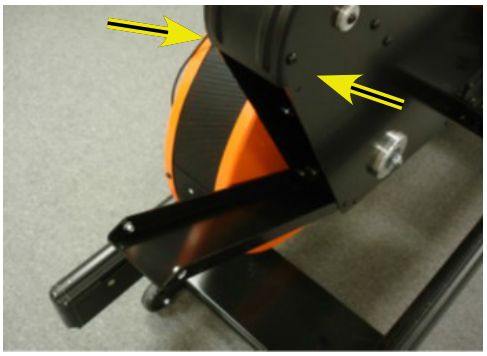
2. Use 4mm Allen wrench to remove plastic cover (4 bolts).



3. Take 3mm Allen wrench (you may need to tap with a mallet) and loosen the bolts on the monitor cover and the front cover. Be careful not to strip - turn slowly with pressure or apply WD-40/ Liquid Wrench.

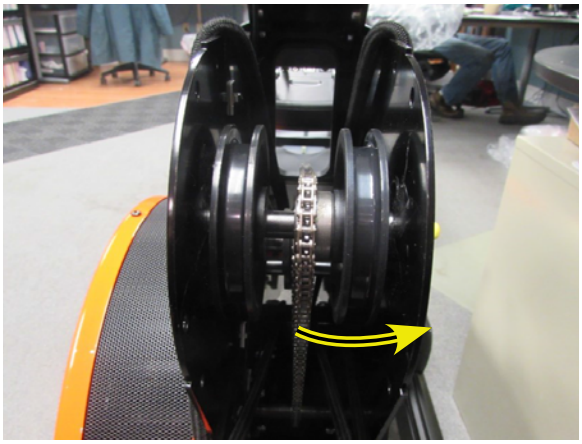


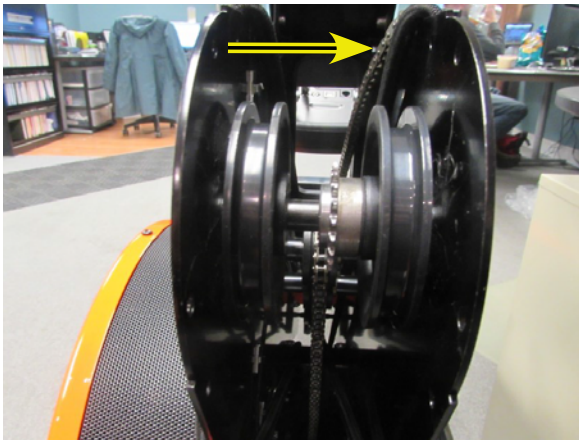




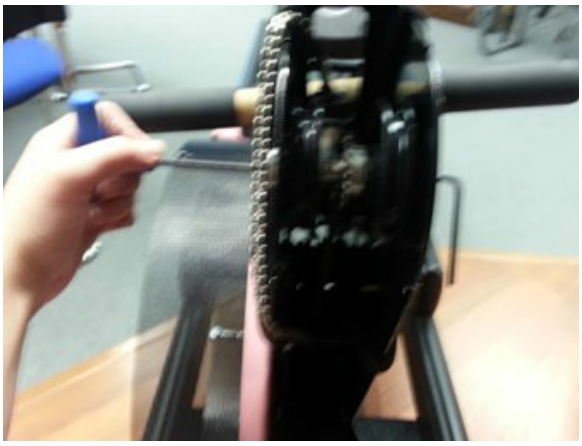
REPLACING THE IDLER SPROCKET ASSEMBLY

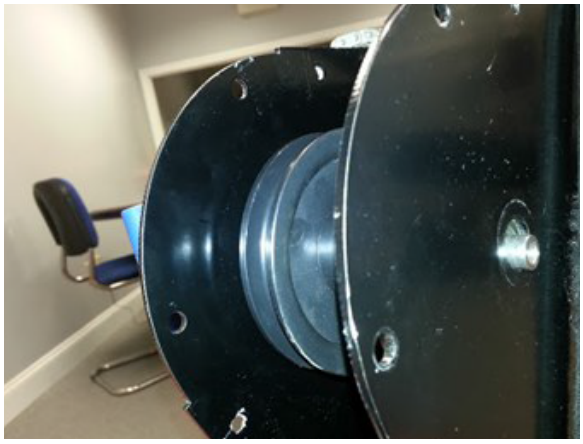
4. Take bungees and chain and move to the sides of the body. (use a tool or cloth to keep it off your paint)





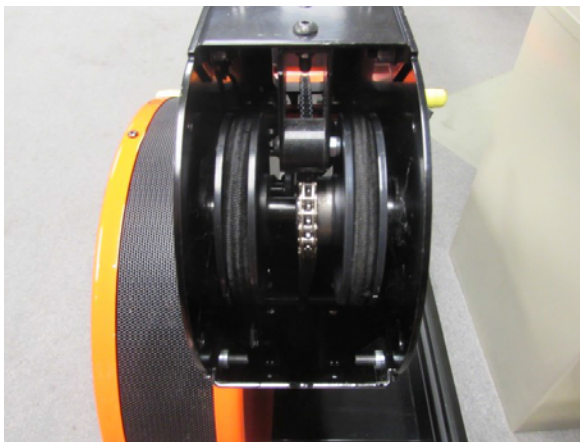
5. Use two 4mm Allen wrenches on either side of idler sprocket assembly to loosen. Once loose, take the assembly out.





6. Put replacement assembly in. Tighten with 4mm wrench on either side of the axle.

7. Move bungees and chain back to pulley system and put covers back on.



8. Tighten all the covers and clip bungees back to the Bungee/Chain Block axle.

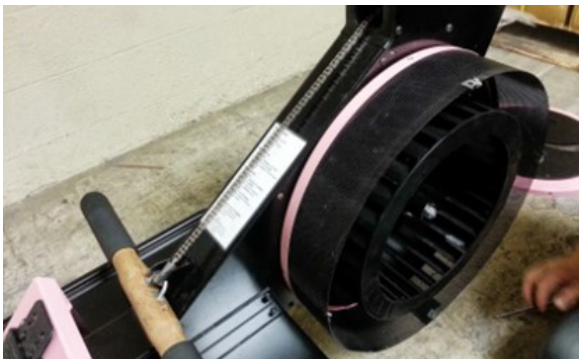
9. Oil chain to smooth out and quiet the new sprocket system.

CLEANING THE FLYWHEEL

TOOLS NEEDED:
PHILLIPS SCREWDRIVER
VACUUM

1. Take screws (4) out of the Flywheel Cover.

2. Remove Flywheel Cover



3. Use a vacuum to clean out any dust and dirt.
4. Replace the cover and screws.

CLEANING THE RAILS

TOOLS NEEDED:
CLOTH
MULTI-PURPOSE CLEANER

1. With a mild, multi-purpose cleaner, clean tracks and wheels inside the rails.
2. Clean seat wheels.
3. If machines are receiving excessive use, clean daily.

OILING THE CHAIN

TOOLS NEEDED:
CLOTH
OIL

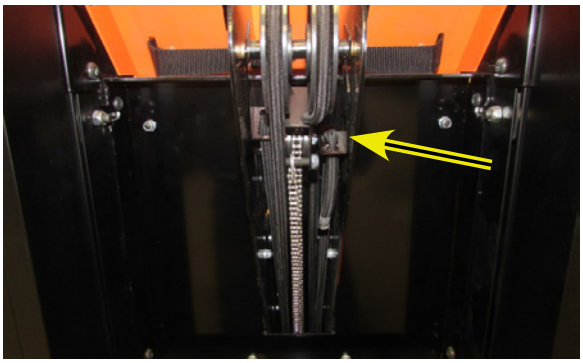
1. Pull chain out to the finish position and slowly retract back while oiling with cloth. Do this from under the chain so it does not drip on the machine or your floor.
2. Oil the full length of the chain.
3. Row 250 meters to spread the oil out to the rest of the chain.
4. This should be done only a few times a year based on use (otherwise the oil can build up in the gears).

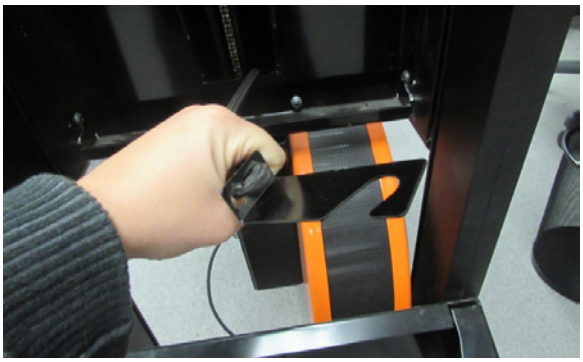
TIGHTENING THE BUNGEE

NO TOOLS NEEDED

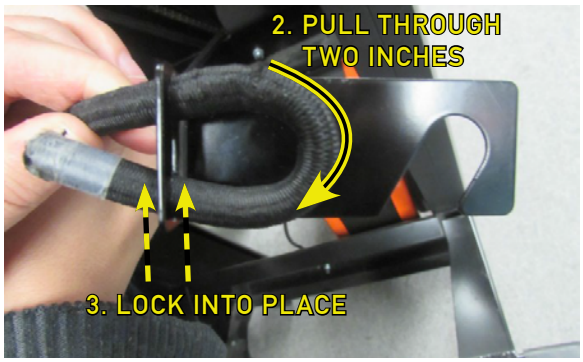
1. Lock the Slider and stand it up.

2. Take one bungee clip off of the axle.





3. Pull bungee towards the larger opening in the keyhole to loosen (or 'unlock'). Pull 2 inches through, then tighten towards the narrow keyhole to lock into place. Clip back on bottom pulley axle (flat side to machine body).



Repeat steps for opposite side.

Make sure both clips are back on the axle.

Slowly lower machine, unlock the plate and row.

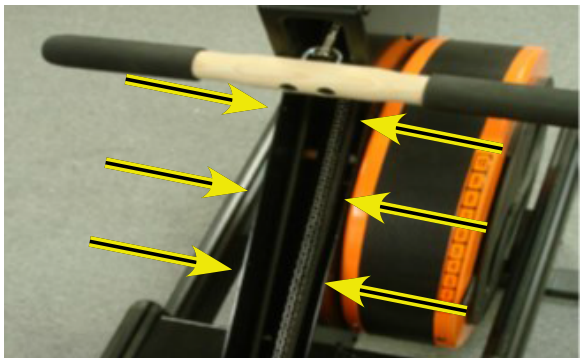
If it still feels loose repeat above steps.

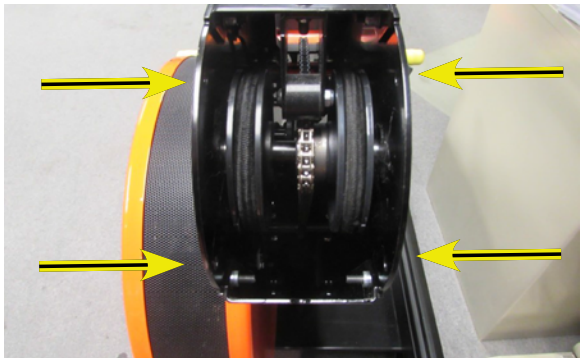
4. You may need to cut off any excess bungee. If the bungee appears frayed or does not give ample tension after tightening, it is time to replace your bungee.

REPLACING THE BUNGEE

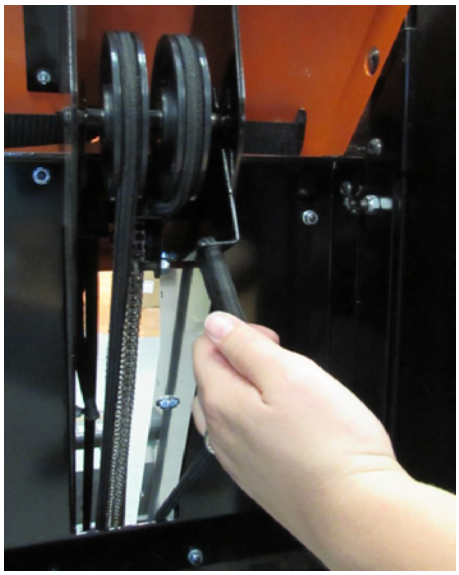
TOOLS NEEDED:
3MM ALLEN WRENCH
4MM ALLEN WRENCH

1. Lock the machine.
2. Take the 6 bolts off the front cover off using 3mm Allen wrench. Take the black cap off using a 4mm Allen wrench.

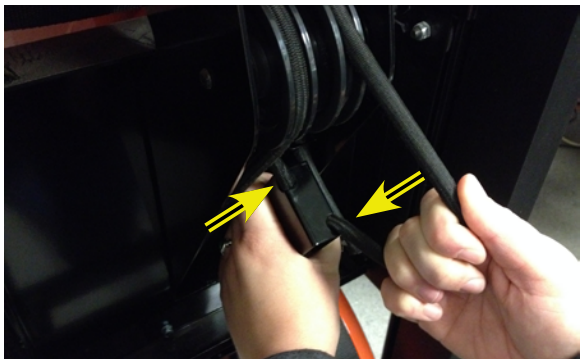




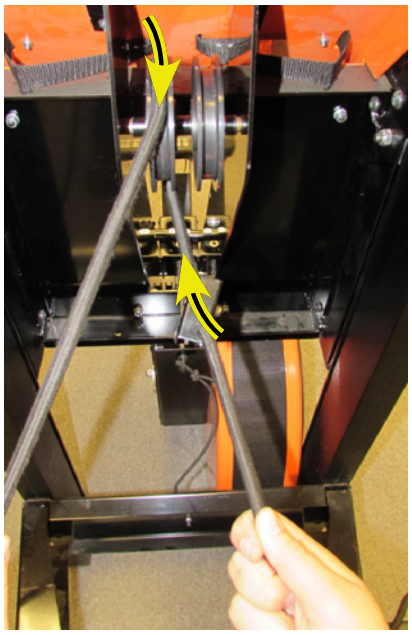
3. Stand machine up.
4. Take note of how the bungees are wrapped and parallel (not crossed) before taking out old bungee.
5. Unhook bungees, unlock and slide out of hooks.



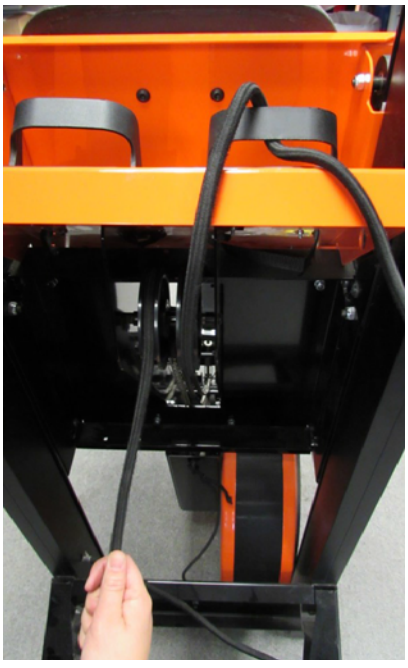
6. Insert the new bungee in bungee block.



7. Pull tight and line up.



8. Take right bungee piece and tie off on foot straps.

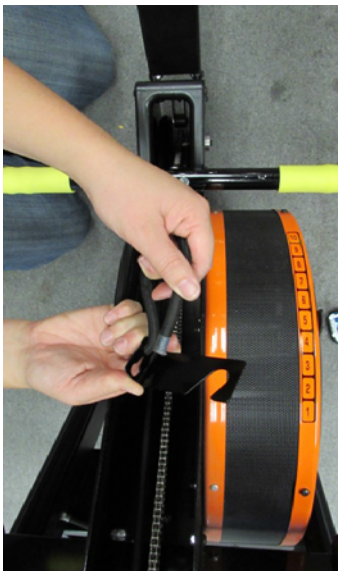
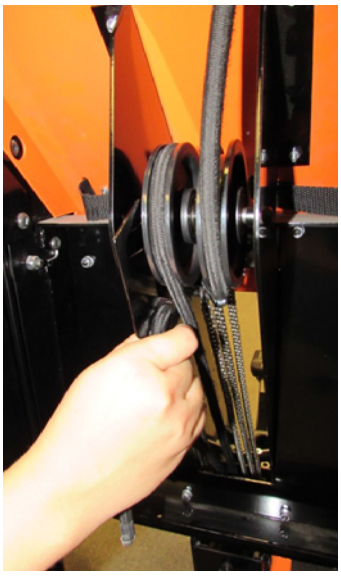


(cont. on next page)

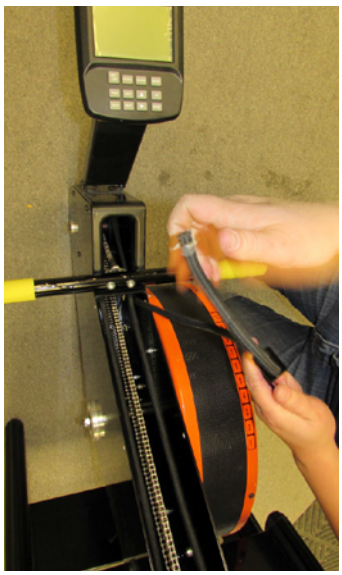
REPLACING THE BUNGEE

9. Take left bungee up and around. Feed into machine to top pulley, then feed it up and around.

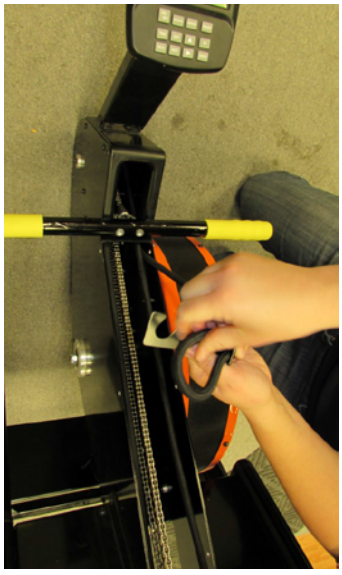
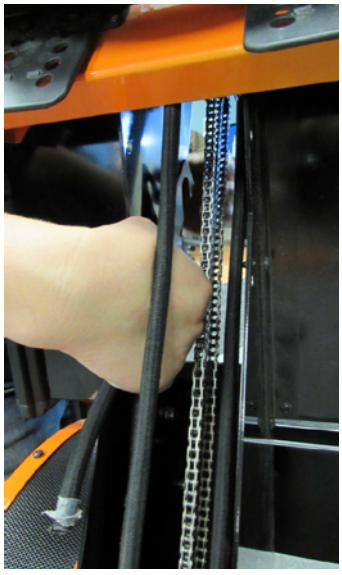
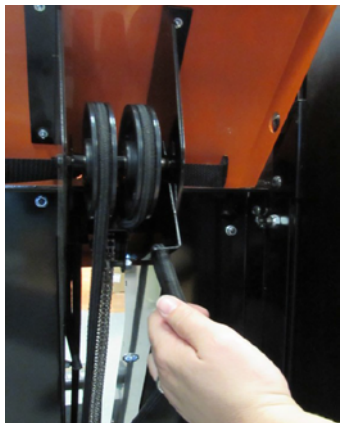
10. Place bungee in hook and lock to small side of keyhole (flat side to the body).

11. Take the right side of the bungee and hook down and around. Feed into machine to top pulley. Feed downward and around.



12. Attach the bungee hook to the axle (flat side to body). Make sure bungees are parallel - if they are crossed recheck your steps.

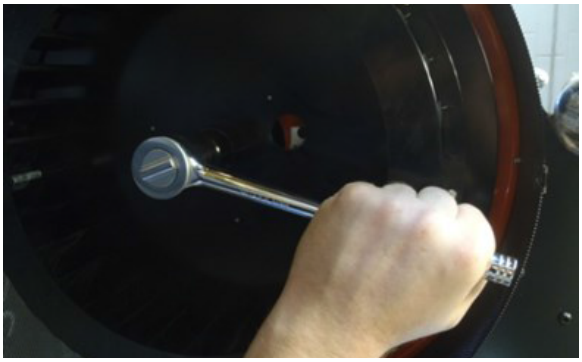




REPLACING THE DRIVE SPROCKET

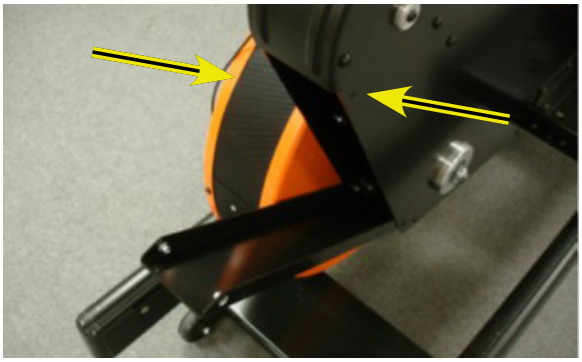
TOOLS NEEDED:
PHILLIPS SCREWDRIVER, 3MM ALLEN WRENCH, MALLET, (2) 17MM WRENCHES, PLIERS

1. With the Slider Flywheel forward, unscrew the 4 Flywheel screws using a Phillips screwdriver.

2. Loosen the drive axle bolts using 17mm wrenches, then take bolts off and remove flywheel.



3. Take the back cover off using a 3mm Allen tool, making sure not to strip bolts. Use WD40 if not easily loosened.



4. Use the screwdriver to hold the chain off of the drive sprocket.

5. Take a mallet and tap out the drive axle.

6. Unscrew the drive sprocket. You may need, pliers or vise grips.

7. Put the new drive sprocket on.

8. Tap drive axle back on (making sure the chain can attach around it).

9. Put the chain on the drive sprocket.

10. Put the flywheel back on, using 17mm wrenches to attach.

11. Put the flywheel cover back on, screw in the 4 screws using a Phillips screwdriver.

RAIL TROUBLESHOOTING

TOOLS NEEDED:
PHILLIPS SCREWDRIVER
3MM ALLEN WRENCH
MALLET
(2) 17MM WRENCHES, PLYERS

If your rails are not traveling back and forth:

Check that the rail brackets are not bent or loose.

If they are bent, take off the bracket, try to straighten it out and put it back on.

Row to see if the rails are corrected. If unable to straighten, call customer support @ 800-455-9022 for a replacement.

If the brackets are not bent, clean the wheels and check that they are spinning properly.

REPLACING THE RAIL BRACKET

TOOLS NEEDED:
5MM ALLEN WRENCH

PARTS NEEDED:
SKID BRACKET, L BRACKET, BOLTS

1. Remove the 5mm bolts from the bracket and skid strip.

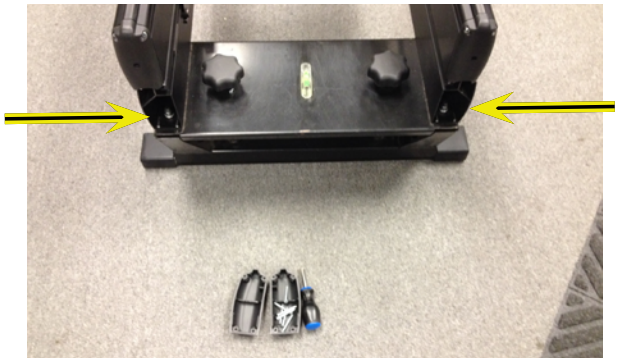
2. Align the rectangular skid bracket on the top rail.

3. While holding the skid bracket, place the L bracket on top and align holes. Place each bolt in, hand tighten first, then tighten with a 5mm Allen wrench.

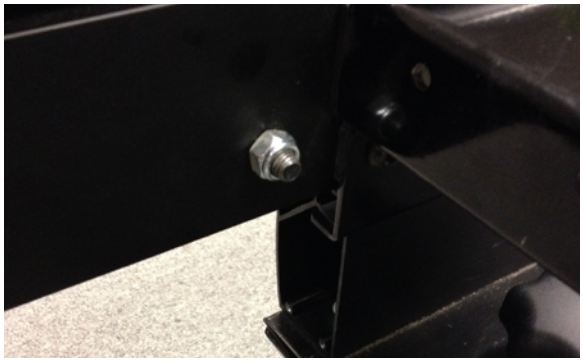
REPLACING THE RAIL WHEELS

TOOLS NEEDED:
5MM ALLEN KEY
10MM WRENCH

1. Remove the rear base rail end caps.

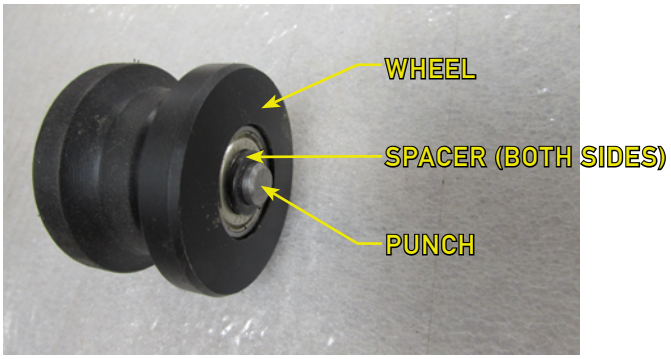


2. Remove the bumpers.
3. Slide rail back until wheels are exposed.



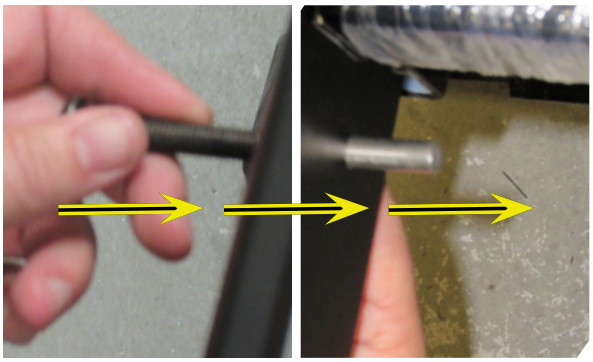
4. Using a 5mm Allen Key and a 10mm wrench, remove the wheels.

5. Assemble the wheel (spacers on the outside and punch through the middle).



6. Insert the wheel from underneath the top rail.

7. Slide the bolt through the wheel, knocking the punch out.



8. Screw the nut onto the bolt. Tighten with wrenches. Make sure the wheel can spin (the thread of the bolt needs to come past the nut to lock).

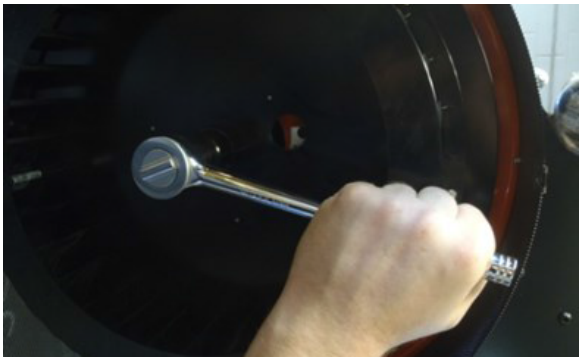
9. Repeat the above steps on the other side. Return the bumpers and covers.
10. Replace the front wheels. Remove the front base rail covers and bumpers and slide the machine forward so the wheels are accessible.
11. Repeat Steps 4-9
12. Your Slider's wheels should now be replaced. Test row to make sure rails are sliding properly.

REPLACING THE SENSOR

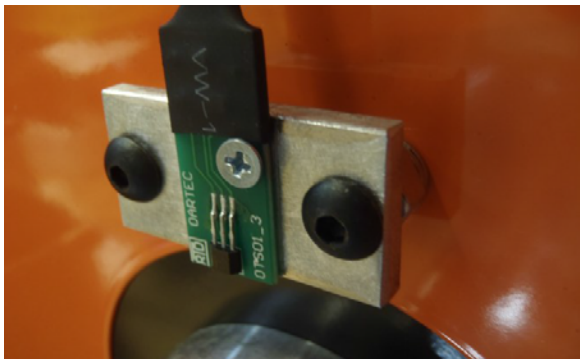
TOOLS NEEDED:
3MM ALLEN WRENCH
PHILLIPS SCREWDRIVER
SMALL PHILLIPS SCREWDRIVER
17MM WRENCH

1. Take a 3mm Allen wrench and loosen top back cover bolts (2) and remove. Slide cover open.

2. Take flywheel cover off using a Phillips Screw Driver. Using a 17mm wrench, loosen flywheel bolt. Remove bolt and flywheel.



3. Take small Phillips screwdriver and unscrew the sensor and peel off. Look inside the machine and open the tabs that hold the cable. Remove the sensor and cable.



4. Replace with new sensor plug in the back of the monitor. Run through the tabs inside the machine and out of the hole by the flywheel. Peel off the cover so the sticky adhesive is exposed, line up with screw hole and stick.

5. Tighten sensor screw.

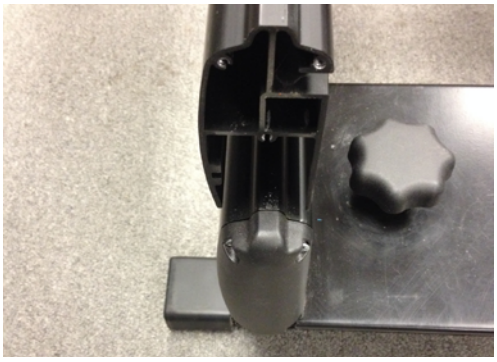
6. Replace flywheel using 17mm wrench. Attach the flywheel cover using a Philips screwdriver.

7. Attach rear cover. Insert bolts and tighten with a 3mm Allen key.

REPLACING THE SEAT WHEELS

TOOLS NEEDED:
5MM ALLEN KEY
13MM WRENCH
PHILLIPS SCREWDRIVER

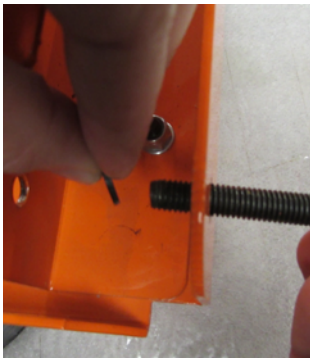
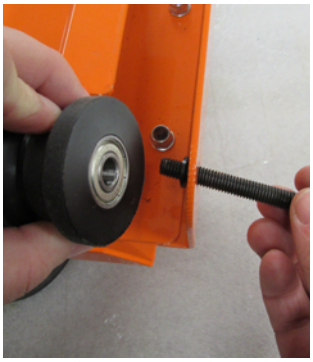
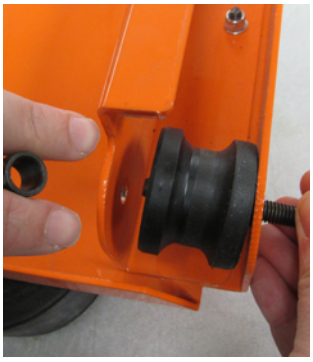
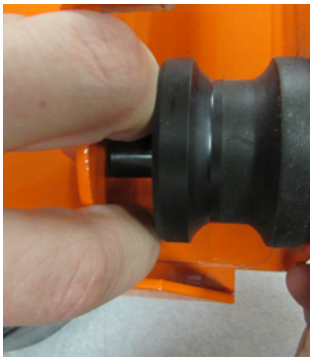
1. Remove screws from the rear top rail endcaps and remove endcaps.



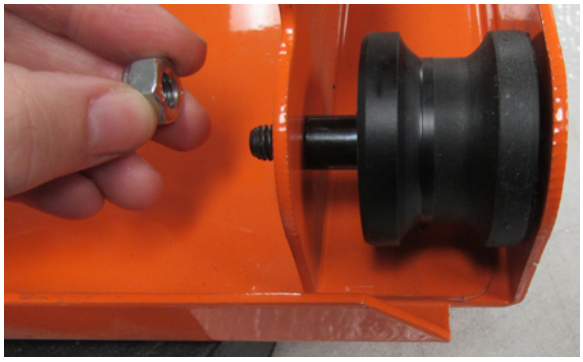
2. Slide the seat off. Using the 5mm Allen key and 13mm wrench, remove the nut and bolt.

3. Take the old wheel off and put the new one on. Make sure to put washer on one side of the bolt and the spacer on the other.

   The easiest way to do this is to:
   -put the bolt partially through
   -put on the washer
   -put the wheel on
   -partially slide bolt through the wheel (to hold wheel)
   -insert the spacer
   -push bolt through

4. Screw nut on and tighten until the bolt has passed the lock nut thread. In order to ensure the wheel spins freely, be sure not to overtighten.



5. Repeat above steps until all the wheels have been replaced.

6. Put the seat back on the top rail. Make sure the indent is towards the back of the machine.

7. Replace the end caps and screws.

REPLACING THE HANDLE

TOOLS NEEDED:
5MM ALLEN KEY

1. Use a 5mm allen key and remove handle bolts.

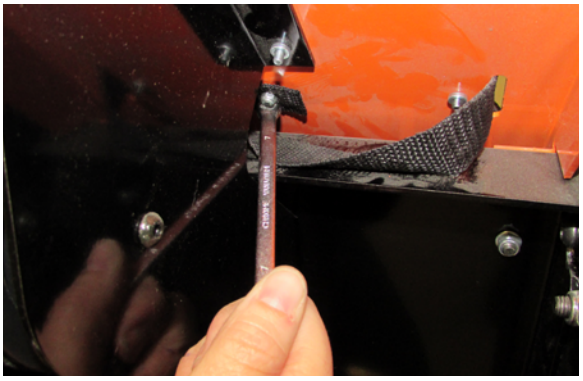
2. Take the U-Bolt out of the handle (be careful that it does not retract into the machine).

3. Hook on the handle rest.
4. Take the new handle and slide it into U-Bolt,
5. Insert 5mm bolts and tighten.

FOOT STRAP REPLACEMENT

REQUIRED TOOLS:
7MM WRENCH
PHILIPS SCREWDRIVER

1. Using the 7mm wrench, locate the small nut on the back of the footboard. Hold the nut with the wrench. Using the screwdriver, unscrew the middle inside bolt.



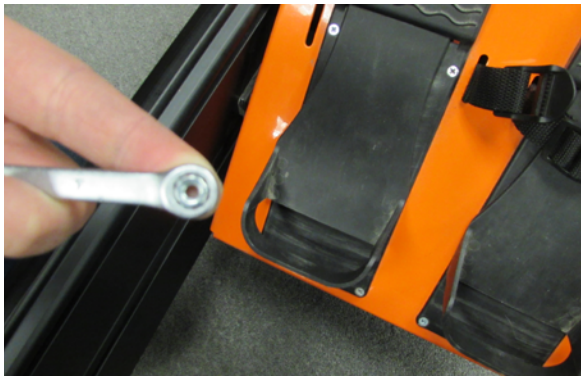
2. Remove the screw, bolt and old strap. Place screw nearby for reuse.

3. Loop the new foot strap through with the buckle part towards the middle of the footboard. Note the hole in the foot strap, line up the hole in the strap with the screw hole in the footboard.

4. Insert the screw through the footboard and hole in the foot strap.

FOOT STRAP REPLACEMENT

5. Take the nut and insert it into the wrench, put your finger on the back of the wrench to hold the nut in place, then place on the screw thread on the back of the footboard.



6. While holding with the wrench, tighten the screw with a Philips screwdriver.

7. Take the remaining part of the strap and feed through the outer slot.

8. Feed the strap through the buckle. The Footstrap assembly is now complete. Repeat on the other side if necessary.